

# Baby Led Breastfeeding

## Benefits of Skin to Skin and Baby Led Breastfeeding

- Babies often have relaxed hands and bodies.
- Baby led nursing encourages your baby to use their “rooting” instincts and do what comes naturally.
- Babies have better head and neck control.
- When combined with skin to skin nursing, babies have more physical contact with their mothers.
- Babies can (and do) nurse during REM sleep which is less stressful and reduces crying.
- Babies open their mouths wide when in this position.
- When babies are touching the breast, it can help with “let down” and increased milk supply.
- Mothers are more relaxed in this position.
- Mothers’ hands are free to touch and caress their babies.
- When mothers are relaxed, they are more confident at breastfeeding.
- It allows babies to learn how to latch properly for more comfortable breastfeeding.



WIC is an equal opportunity provider.

## Getting Started

### With Baby Led Breastfeeding

- Sit comfortably.
- Start with a relaxed baby and a calm mother.
- Skin to skin contact is very important.
- Hold baby upright on your chest between your breasts.
- Allow baby to move their head and follow their instincts.
- Support baby's neck and shoulders as they make their way to the breast of their choosing.
- Allow baby to move up and on to the nipple without holding the back of baby's head.
- When baby is well attached, it should feel comfortable and there should be no pain.
- Remember, nursing is a learning process for both of you, relax and enjoy your baby.

Needing assistance with baby led breastfeeding? Call your local WIC office to speak with a Certified Lactation Counselor.

